

ABSTRACT OF THE DISCLOSURE

The optical information recording and reproducing apparatus comprises a light source for emitting a light beam, an objective lens for converging the light beam emitted from the light source to an information recording medium, and a light detector for detecting the light beam reflected from the information recording medium. The information bits are recorded into a recording member of the information recording medium in a three-dimensional arrangement by using a change in optical constant of the recording member. Furthermore, a thickness of the recording member is larger than a wavelength of the light beam and the information bits are sequentially recorded into the recording member 11b in a three-dimensional arrangement in such an order that a converging light beam from the objective lens does not pass through information bits that have already been recorded.